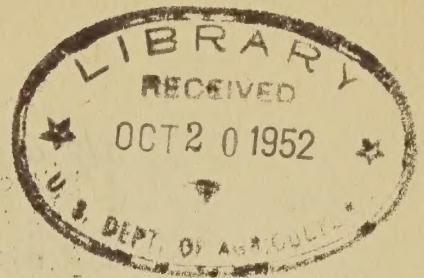


UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington 25, D. C.



BACKGROUND FACTS ON
HONEY ¹

This year a large crop of high quality honey is expected, with color and flavor well above normal. A record crop is in prospect in California with orange, sage, alfalfa, and thistle honeys making up the bulk of the supply. Florida, too, expects a bumper harvest, most of it coming from orange, tupelo, palmetto, mangrove, and partridge-pea blossoms.

Clover honey, which traditionally accounts for a large proportion of the total honey crop, will not be so abundant as usual this year because of unfavorable weather in many clover-growing areas. This season, high temperatures, drought, and floods have taken a heavy toll of clover fields in many States. In normal years, yellow and white sweetclover supply more honey than any other nectar source.

Shoppers who miss this perennial favorite—clover honey—from their grocer's shelves may take the opportunity to get acquainted with several of the other delectable members of the honey family. For honeys are individual, and their flavors vary as widely as the blossoms from which they come. In general, very pale honeys are mild and delicately flavored, but darker honeys have more definite, tangy tastes.

A fine "adventure in good eating" is to try several small jars of honey of different colors, which will indicate that they are of different flavors. It is a good idea, too, to know the several forms in which honey comes to market. By far the most popular is liquid or extracted honey. Honey in the honeycomb (called section comb honey by the trade) has an increasing number of staunch devotees who claim honey in any other form is never so flavorsome. A combination of these two—chunks or strips of comb and liquid honey, known as "chunk honey," is very popular in the South. Growing constantly in favor is "creamed honey" — finely crystalized liquid honey with a spreadable consistency.

USING HONEY

Practically everyone knows the many simple ways to use honey...as a spread on hot or cold bread, a sweetener for beverages and tart fruit, a mixer with cream cheese, peanut butter, or other sandwich ingredients. Not everyone, however, knows the recipes for delicious cookies and bread made with honey. Here are three from the Bureau of Human Nutrition and Home Economics. For additional recipes using honey write to Office of Information Services, Production and Marketing Administration, USDA, Washington 25, D.C., for HNHE-105 "Quantity Recipes Using Honey."

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Honey Cookies

1/2 cup table fat	2 cups sifted flour
1/2 cup sugar	2 teaspoons baking powder
1 egg beaten	1/2 teaspoon salt
1/2 cup honey	1 cup finely chopped nuts

Cream the table fat and add the sugar gradually. Mix the egg and honey and add with the sifted dry ingredients and nuts to the table fat and sugar mixture. Chill the dough, then form into a roll the desired size and wrap in heavy waxed paper. When firm, cut into thin slices with a sharp knife. Bake in a moderately hot oven (375°F.) from 10 to 15 minutes, or until lightly browned.

Honey Drop Cookies

1/4 cup table fat	1/2 teaspoon salt
1 egg beaten	1 cup chopped nuts
3/4 cup honey	1/2 cup chopped dates, figs, or other dried fruits
2 tablespoons milk	1/2 cup chopped candied citron or pineapple
2 cups sifted flour	
2 teaspoons baking powder	

Cream the table fat. Mix the beaten egg, honey, and milk. Add the nuts and fruits to the sifted dry ingredients and add alternately with the liquid to the butter. Drop by small spoonfuls on a greased baking sheet and bake in a moderately hot oven (375°F.) for about 10 minutes.

Honey Nut Bread

1/2 cup coarsely chopped nuts	1 egg beaten
2 cups flour	1/2 cup honey
3 teaspoons baking powder	1/2 cup milk
1/2 teaspoon salt	2 tablespoons melted table fat

Add the nuts to the sifted dry ingredients. Combine the beaten egg, honey, milk, and melted table fat, and add to the first mixture. Stir until the ingredients are just moistened. Bake in a greased bread pan in a moderate oven (350°F.) for 45 to 50 minutes.

THE FOOD VALUE OF HONEY

Like all other sweets, honey is an energy-producing food. Its chemical composition varies considerably, but on an average about three-fourths of honey is sugar, chiefly two simple sugars called levulose (fruit sugar) and dextrose (grape sugar). Honey contains only a small quantity of sucrose (cane sugar)—less than 2%. Honey also contains small quantities of dextrin and gums, and such minerals as iron, calcium, and phosphorus, small amounts of vitamin C, and traces of most of the other vitamins. Aromatic substances give honey its characteristic flavor.

Extracted honey is about one-fifth water. If it were not for this, a pound of honey would have practically the same energy value as a pound of granulated sugar, whereas the honey has about one-fifth less. Measure for measure, however, honey yields more energy than sugar, for it is heavier. For example, $1\frac{1}{2}$ tablespoons of honey weigh a trifle over an ounce and will furnish the body 100 calories. The same amount of energy would be supplied by nine-tenths of an ounce or two tablespoons of sugar, by $1\frac{1}{4}$ ounces or $1\frac{3}{4}$ tablespoons of molasses, or by a little less than an ounce of most preserves.

Because honey is composed so largely of simple sugars, it can be assimilated by the body with ease. If eaten in moderate quantities, it provides a very wholesome addition to the list of sweets, and may be used in place of sugar as a modifier of milk for infants.

IMPORTANCE OF BEES TO AGRICULTURE

Pollination--the transfer of pollen from flower to flower--is essential to successful agriculture. The honey crop is an important source of the beekeeper's livelihood, but unless it covers his expenses he cannot stay in business. A widespread abandonment of beekeeping would reduce the supply of pollinators for agricultural crops.

The agricultural crops listed below depend upon honeybees for pollination, or yield more abundantly when bees are plentiful:

Fruit Crops

Almond	Strawberry
Apple	Tung
Apricot	Watermelon
Avocado	
Blackberry	
Blueberry and huckleberry	
Cherry	
Cranberry	
Cucumber	
Dowberry	
Gooseberry	
Grape	
Mango	
Muskmelon	
Peach and nectarine	
Pear	
Persimmon, native	
Plum and prune	
Raspberry	

Seed Crops

Alfalfa	Kohlrabi
Asparagus	Muskmelon
Broccoli	Onion
Brussels sprouts	Parsnip
Buckwheat	Pepper
Cabbage	Pumpkin
Carrot	Radish
Cauliflower	Rape
Celery	Rutabaga
Clovers (alsike,	Squash
crimson, red,	Sunflower
strawberry, white,	Sweetclover
and Ladino white)	Trefoil
Collards	Turnip
Cotton	Vetches
Cucumber	Watermelon
Flax	
Kale	

